# Three simple steps to eating more fruits and vegetables.

Eating a variety of fruits and vegetables every day is healthy for you. They have vitamins and minerals that can help protect your health. Most are also lower in calories and higher in fiber than other foods. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

## 1 Find out how many fruits and vegetables you need to eat every day.

### Women

| AGE | FRUITS | VEGETABLES |
|---|---|---|
| 19-30 | 2 cups | 2 1/2 cups |
| 31-50 | 1 1/2 cups | 2 1/2 cups |
| 51+ | 1 1/2 cups | 2 cups |

### Men

| AGE | FRUITS | VEGETABLES |
|---|---|---|
| 19-50 | 2 cups | 3 cups |
| 51+ | 2 cups | 2 1/2 cups |

### Girls

| AGE | FRUITS | VEGETABLES |
|---|---|---|
| 2-3 | 1 cup | 1 cup |
| 4-8 | 1 cup | 1 1/2 cups |
| 9-13 | 1 1/2 cups | 2 cups |
| 14-18 | 1 1/2 cups | 2 1/2 cups |

### Boys

| AGE | FRUITS | VEGETABLES |
|---|---|---|
| 2-3 | 1 cup | 1 cup |
| 4-8 | 1 1/2 cups | 1 1/2 cups |
| 9-13 | 1 1/2 cups | 2 1/2 cups |
| 14-18 | 2 cups | 3 cups |

These amounts are for less active people. To see the amounts needed by more active people, visit 5aday.gov.

## 2 Learn what 1 cup and 1/2 a cup look like.

| EACH COUNTS AS 1 CUP | EACH COUNTS AS 1/2 CUP |
|---|---|
| 1 large orange | 16 grapes |
| 1 large ear of corn | 6 baby carrots |
| 1 large sweet potato | 4 large strawberries |

For more examples, visit 5aday.gov.

## 3 See how you can add fruits and vegetables into your day as part of a healthy diet.

| | |
|---|---|
| BREAKFAST | Add some fruit to your cereal. |
| SNACK | Grab a piece of fruit. |
| LUNCH | Eat a big salad. |
| SNACK | Choose raw vegetables as an afternoon snack. |
| DINNER | Have two vegetables with dinner and eat fruit for dessert. |

## TIPS Enjoy a colorful variety of fruits and vegetables (including beans). Fresh, frozen, canned, and dried all count.

**For breakfast:**

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Top toasted whole wheat bread with peanut butter and sliced bananas.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.

**For snacks:**

- Eat a piece of fruit like an apple, banana, or plum.
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."

**For lunch and dinner:**

- Ask for less cheese and more vegetable toppings on your pizza. Try onions, mushrooms, and bell peppers.
- Spread low-fat cheese and low-fat or fat-free refried beans between two whole wheat tortillas. Brown on both sides in a pan until cheese melts. Top with salsa.
- Eat at least two vegetables with dinner.
- Add frozen vegetables like peas and broccoli to a casserole or pasta.